



CAN Video Series



CMHA NS CAST Program is casting a suicide prevention net on Nova Scotia! Contact your local participating library for information about show times!

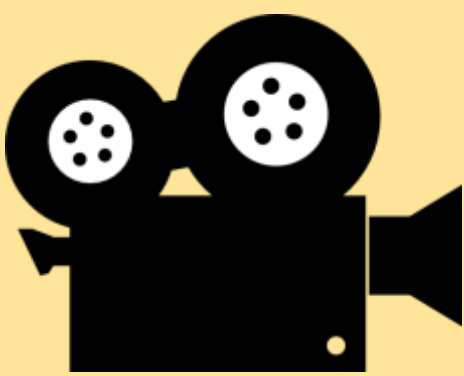
These videos may or may not reflect the position of CMHA NS Division and the CAST Program.

September 10 - 24: It's easy to suffer in silence, not knowing what to say to whom. These brave, honest talks suggest ways to open up, talk about it and seek help - as well as ways to offer it. *Let's end the silence around suicide* is a four-part TED Talk series [58:48].



September 25 – October 8: These powerful stories shatter preconceived notions about mental illness, and pose the provocative question: What can the world learn from different kinds of minds? *All Kinds of Minds* is a nine-part TED Talk series [130:00].

October 9 - 22: Sometimes, relating to other people doesn't come naturally. These talks offer new insights into how to connect...and celebrate the ways we are more alike than you think. *When you're having a hard time connecting with people* is a seven-part TED Talk series [92:39].



October 23 – November 5: Too busy to take care of yourself? These talks offer simple ways to stay healthy -- both emotionally and physically. *The importance of self-care* is a nine-part TED Talk series [127:48].

November 6 - 19: American Foundation for Suicide Prevention's documentary *The Journey*, tells the stories of a diverse group of suicide loss survivors. It's a compelling film that shows how each survivor is weathering the loss of a loved one, and *Family Journeys* traces the effects of suicide through the eyes of three families [58:06].



Canadian Mental Health Association
Nova Scotia
Mental health for all

Together we CAN prevent
suicide in Nova Scotia!

